

Spring/Summer 2022

heart *to* heart

Your local guide to good health
from Samaritan Health Services



**Surviving prostate cancer
started with overcoming fear**



From the president

Doug Boysen, JD, MHA
President/Chief Executive Officer

Samaritan Health Services is moving to a "new normal" post-pandemic

At Samaritan we are actively planning for what we expect our "new normal" to look like as we transition from a pandemic emergency to a long-term future of living with COVID-19. The pandemic has changed many aspects of how we deliver health, accelerating trends we were already seeing. Here are just a few examples:

- After many previous attempts with limited success, telehealth and "virtual visits" have taken hold as a viable and effective option for many preventive services as well as for some specialty services — such as for stroke and neurology consults and mental health visits — for which the demand exceeds the current supply of clinicians. I believe this is one of the positive outcomes from the pandemic because it increases access to care.
- COVID-19 accelerated an already-existing trend of resignations and retirements among our aging health care workforce, particularly for registered nurses who have been on the front lines of this pandemic. At Samaritan, we have launched a comprehensive, long-term effort to recruit and retain workers in both clinical and non-clinical areas. This includes new partnerships with higher education institutions, apprenticeships and other in-house training opportunities, plus flexible work options for many positions.
- Similarly, the pandemic accelerated our ability to support remote workers for some positions. Currently, more than 10% of our total workforce continues to work remotely, with some working on-site occasionally in a hybrid work model.

To further support our recruitment and retention efforts and remote work options, Samaritan is piloting a program that allows us to employ individuals who live in states other than Oregon.

In addition to these efforts — and related to the mental health theme of this issue of "Heart to Heart" — Samaritan is developing a multiyear plan for enhancing the overall health and well-being of our employees. The pandemic has tested our ability to care for others and ourselves under very trying circumstances. Our plan strives to support a healthier work-life balance and provide tools to help employees manage job-related stress.

As the saying goes: Nothing is constant except change. At Samaritan, we are committed to managing the changes underway while staying true to our mission of "Building Healthier Communities Together."

Sincerely,

heart to heart

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Letters to the editor

Please send your questions and comments to feedback@samhealth.org or to:

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Scan me to learn more!

To use the QR code, open the camera app on your smart phone or other device, scan the image and connect directly to more information on samhealth.org.



On the cover: *Prostate cancer survivor Rik Savering enjoys family time with his daughter, Emma and son, Atticus. Read more about Rik's story on page 6.*



Longtime Heart to Heart editor retires, reflects on publication's history

Julie Jones Manning, APR, CFRE, who has served as the Heart to Heart editor since its inception, will retire in June after 37 years with Samaritan Health Services.

Manning, Samaritan's vice president for marketing, communications and community health promotion, launched the publication, then called To Your Health, in 1986 as a listing of community health education offerings along with a few health-related articles. In the 1990s, the publication was renamed In the Pink and featured a magazine design with additional health features. The current design and Heart to Heart name debuted in the 2000s.

Despite the name and format changes, the publication has always exclusively featured locally produced articles. It has received numerous state and national awards for excellence.

"We have so many compelling health-related stories to tell that there is never a question about how we will fill each issue," Manning said. "I'm pleased to know that many regard it as a respected and dependable source of health information and inspiration."

Manning's successor at Samaritan will be introduced in the Fall issue of Heart to Heart.

Integrated mental health services

In case you haven't already heard it from a musician, an actor or an athlete, it's OK not to be OK.

Really.

While mental health is getting more focus and attention during the pandemic, chronic anxiety about exposure to COVID-19 and struggles with isolation are huge factors contributing to increased anxiety and depression, financial strain or worry and uncertainty.

In these difficult times, Samaritan is making it easier to find help by integrating behavioral health care into traditional medical settings, like doctor's offices and clinics.

Rachel Bailey, DO, is a primary care clinician at Samaritan Depoe Bay Clinic (see patient success story on page 4), where many mental health concerns can be addressed during an office visit.

"Mental health is the basis of our overall health," said Dr. Bailey. "All you need to do is ask and be open to positive change."

Mental health is one of eight aspects of wellness (body, mind, environment, spirit, community, emotions, finance and work) that can affect quality of life. Concerns such as anxiety, depression, relationship issues, grief or loss can be discussed during a behavioral health consultation.

Even with more open dialogue about mental health during the pandemic, there is still a stigma to overcome, said Robert Fallows, PsyD, a neuropsychologist with Samaritan.

"There are many avenues to get help," Dr. Fallows said. "We want to meet patients where they are and strive to create an environment in which people are aware of the options and reach out for the help they need."

Many Samaritan primary care clinics are supported by behavioral health providers, including psychologists, neuropsychologists, clinical social workers and mental health specialists who can meet with patients in the clinic to review skills to reduce emotional distress.

Some people appreciate having behavioral health care available in the primary care office setting.

"These sessions tend to be very effective in promoting positive mental health," Dr. Fallows said.

There are also programs for longer-term mental health therapy and medication management. The addition of

behavioral health specialists, who help patients manage their illnesses, has increased access to mental health services. Mental health specialists gather detailed information from patients. This information is shared with a psychiatrist ... who then advises clinicians about medications and other potentially helpful therapies. This ensures that the clinicians are comfortable and knowledgeable with prescribing psychiatric medications.

Planning is underway for a mental health medical home in Lebanon, a place for adult patients who have severe persistent mental illness, including psychotic disorders, chronic suicidality, personality disorders, severe forms of PTSD as well as chronic or complex medical issues. When it opens, Samaritan Medical Group Mental Health and community partners will provide comprehensive treatment and better care through a team-based approach.

Samaritan clinicians are also unified in responding to suicide concerns by using common language, assessments and interventions. Clinicians and office staff have been trained to spot signs of increased risk for suicidal or self-harm behaviors, provide a warm and empathetic environment, safely assess the situation and help patients to remove the danger.



reduce stigma

“That last part is key,” said Dr. Fallows.

Nearly half of people who die from suicide were seen by a clinician in the month prior.

“If we can identify and help the patient remove the means, then there can be a substantial decrease in the risk of self-harm,” he said.

Safety plans can include lock boxes for medications and firearms or placing these items with trusted individuals.

Oregon had the nation’s 13th highest suicide rate across all ages in 2020, with 833 deaths. Suicide is the second-leading cause of death in people ages 15 to 24 and men and boys are 3.5 times more likely to die by attempted suicide. Veterans make up 18% of suicide deaths in the U.S.

Suicide is not a rare consequence of mental health concerns, Dr. Fallows emphasized.

“Suicidal thoughts are common,” he said. “Just like any other condition, when we catch it early and support people, we are more likely to help them stay safe.”

We can all help prevent suicide. Free and confidential support for you or a loved one is available 24/7. Oregon’s Safe + Strong Helpline, 800-923-HELP (4357) 24/7 Suicide Prevention National Lifeline, 800-273-8255



Look on the bright side during trying times

If you’re feeling pandemic burnout, you’re not alone. Changes in routines and increased isolation can yo-yo your emotions and can impact your physical health.

Research correlates a positive outlook on life with lower blood pressure, reduced risk of heart disease, healthier weight, better blood sugar levels and longer lives.

Tapping into positive emotions activates a part of the brain that lowers stress hormones and improves health.

Battle pandemic burnout by increasing your daily positivity. According to Helen Beaman, licensed clinical social worker at Samaritan’s clinics in Depoe Bay and Toledo, “It’s helpful to focus on integrating one new tactic at a time until it becomes part of your routine.”

- Spend time meditating or practicing mindfulness.
- Take a moment to celebrate the completion of a task for positive reinforcement.
- Be aware of your self-talk and show yourself compassion over the occasional poor decision.
- Learn from your mistakes and try not to dwell on negative thoughts.
- Spend time with your favorite people and pets and carve out time to do activities that you enjoy.
- Focus on the basics: eat fresh, unprocessed foods; stay hydrated; be physically active daily; and get regular sleep to help boost your emotional and physical health.





Depoe Bay woman finds relief in asking for help

During the summer of 2021, Caren Phillips, 63, of Depoe Bay, experienced a sudden onset of extreme anxiety. Her symptoms were so severe that she went to the emergency department five times in one month.

“I couldn’t handle it,” Phillips recalled.

She couldn’t sleep. She was afraid to drive.

“I was very close to being a shut-in,” she said.

Finally, when her sister died in a nursing home before she could say goodbye, it became too much for her to handle alone.

“I need to get help,” she told herself.

Phillips was able to find mental health care when she visited the office of her primary care provider at Samaritan Depoe Bay Clinic. Like many Samaritan clinics, mental health services are integrated so people can receive behavioral and mental health care in a comfortable and familiar setting.

At the clinic, Phillips met with Licensed Clinical Social Worker Helen Beaman who diagnosed the issue and taught her coping strategies guided by cognitive behavioral therapy. Phillips’s primary care clinician was advised on prescription medication by Psychiatrist Patricia Gardner, MD.

“With the help of my care team, I was able to heal and move forward,” Phillips said.

Phillips is sharing her story in hopes that it will encourage others who need help to seek mental health services.

“I don’t want people to give up or keep silent,” Phillips said. “There is such great help out there. There is a way back.”

Phillips said once she realized that she couldn’t get better on her own and asked for help, she was able to begin to take control of her life.

“I learned a lot. I dealt with things deep inside of me. I was able to release those things,” she said. “I have become more well-rounded.”

Phillips remembers what it felt like when she was waiting in the parking lot of the Samaritan Depoe Bay Clinic, questioning whether she would go in. That first step can feel like the hardest.

“Mental illness can be a scary place. Saying, ‘I need some help’ is very powerful,” Phillips assured.

All it takes is letting someone at your primary care clinic know that you are struggling.

“They’ll know where to direct you,” Phillips said.

Phillips now shares her gratitude by making gifts of her photography prints set in frames she buys and embellishes. She also enjoys spending time with her grandchildren and friends and walking near the beach — things she took for granted before.

**“Every day I am grateful
I am here.”**

The arts can help foster healing

Using the arts to promote healing isn't a novel idea, but the research and acceptance of it are newer. A growing number of health care systems, including Samaritan, are incorporating arts activities with traditional medical care to engage patients and foster healing.

Samaritan's program, called ArtsCare, uses local professional artists who receive special training related to health care. The artists work with patients, employees and community members using various art forms including textiles, drawing, music and creative writing. The program reflects the mind-body connection and is rooted in the idea that creative expression promotes healing and mental well-being.

Part of the reason the arts help heal is by enabling the patient to focus using both mind and body. The type of media used for each patient will vary, depending on the goals. For example, if the patient has anxiety and tension, the artist might suggest watercolor, which is more free flowing.

Although more limited in scope, ArtsCare has continued during the COVID-19 pandemic. The program is supported in part through donations to the ArtsCare fund at Samaritan Foundations.

Learn more about ArtsCare at samhealth.org/ArtsInHealth.

Below: *The copper tooling art piece was created by the Samaritan Albany General Hospital operating room staff in 2018 and is now on display at the hospital.*



A man with long hair tied back, wearing black-rimmed glasses and a black t-shirt, is smiling broadly and clapping his hands. He is in a workshop or garage setting. In the background, there is a yellow and black sign that says "EASY RIGOR" and some mechanical parts on a shelf. The overall atmosphere is positive and energetic.

Building
confidence
together

Surviving prostate cancer started with overcoming fear

Rik Savering, 61, of Tidewater, remembers the morning he was scheduled for robotic-assisted surgery at Good Samaritan Regional Medical Center in Corvallis.

It was March of 2020 and Savering had been diagnosed with an aggressive form of prostate cancer, a disease that affects 1 in 8 men in the U.S. Removing the prostate entirely would give Savering the best chance for survival.

Savering often uses humor to deal with the stress and pressure he's feeling. But with this diagnosis, underneath the facade, he became consumed by what ifs:

"What if they couldn't remove all the cancer?"

"What I become incontinent?"

"What if I lose erectile function?"

"I was scared to death," Savering said.

Surgeon Layron Long, MD, of Samaritan Urology, has performed hundreds of prostate surgeries. While this case may have been routine for Dr. Long, there is nothing mundane about a patient's fears.

A part of healing goes beyond surgery or medicine. That's why Dr. Long makes a point of getting to know each patient beyond the diagnosis.

During a preoperative meeting, Dr. Long learned that Savering was a keyboardist who had performed extensively on the East Coast in the 1980s and even opened for musical acts like R.E.M., The Kinks and Cyndi Lauper. The two soon discovered that during his fellowship, Dr. Long had seen Savering's band in concert in Washington, D.C.

"Connecting with people on another frequency solidifies our understanding," Dr. Long said. "I use these points of levity when we're talking about something serious."

And in their case, sometimes people just vibe. Savering was comforted when he learned that Dr. Long is also a musician.

"You know, we don't have to do this (surgery) today," Dr. Long told Savering.

When Dr. Long put the decision in his patient's hands, it gave Savering a sense of control. He thought of his three children and his partner.

"I've gotta be there for them," he decided. "I have to stay alive."

After a successful surgery, both Savering and Dr. Long agreed, the outcome could not have been better. The cancer was successfully removed and, after recovering from surgery, he has regained full continence and erectile function.

His cancer was detected early through routine screening. Because there are no early symptoms of prostate cancer, the disease was first suspected when Savering had elevated levels of prostate-specific antigen (or PSA). Then, the cancer was confirmed through an ultrasound-guided biopsy.

Because Savering is relatively young and in good health, Dr. Long recommended surgery to remove the prostate and the cancer. While there are risks with surgery, more than 93% of men regain continence control within a year and erectile function for most men returns within two years.

Now a cancer survivor, Savering is once again composing and recording music in his garage studio. It's a step back from the stages he once rocked when his band Not Shakespeare opened for some of the top rock acts of the 1980s.

"That was an exciting time," Savering recalled. "But I'm not 25 years old anymore."

Savering was able to easily maintain follow up visits close to home with Dr. Long at the urology clinic in Newport – helping ensure he was on the path to a successful recovery. Now, two years after his surgery, Savering is a source of confidence for others who face a prostate cancer diagnosis. He said he is sharing his story because he remembers what it was like for him.

"It's like being on a roller coaster," he said. "I went from not knowing and being scared, to being optimistic then fatalistic."

Recovery has taught him to slow down, not to get frustrated and to appreciate life.

"I have an overall sense of gratitude," he said. "I'm just so thankful I got through it."

Watch Rik Savering tell his powerful story at samhealth.org/RikS.



Weight loss surgery: *Paving a path to a healthier you*

“I wanted to become a healthier version of myself,” said Mel Parent (pictured above), 49, of Otis, when asked why she chose to have weight loss surgery.

In 2014, Parent had reached her heaviest weight yet. She was borderline diabetic, had trouble breathing and required a CPAP (continuous positive airway pressure) machine while sleeping. Physical activity was often difficult and sometimes painful, and she was up against a family history of heart issues.

“This was my tipping point. I knew it was time for a change,” said Parent.

Parent didn’t immediately jump to the idea of having weight loss surgery.

“I made lifestyle changes first,” said Parent. “I paid closer attention to what I was eating. I exercised more — despite

the difficulty. But even after giving it more than a year and seeing some of the weight come off — I plateaued.”

After many conversations with her family doctor to discuss weight loss options, Parent was referred to Samaritan Weight Management Institute. In September 2016, Parent had a vertical sleeve gastrectomy — a procedure that reduces the size of the stomach, creating a feeling of fullness faster, even with smaller quantities of food.

Overall, Parent’s recovery from weight loss surgery went well. Then, she was met with a series of other obstacles, including emergency gallbladder surgery a month after her weight loss surgery, a serious car accident six months later and the unfortunate news of her mother’s cancer diagnosis.

“It was a perfect storm of unfortunate occurrences,” said Parent. “But I wasn’t going to let that sway me.”

Her internal motivation, combined with continued support from her parents and fiancé and participation in the program's support groups kept her on track.

Exercise also became one of Parent's favorite pastimes. From going to the gym to taking upwards of three-mile strolls at Devil's Lake State Park, the weight continued to come off. Excess skin resulted however, often making exercise for Parent painful.

"I didn't want to go backwards with the progress I had made simply because I had discomfort in my arms when working out," said Parent.

Parent decided to meet with Kevin Day, MD, a plastic surgeon at the Samaritan Plastic, Reconstructive & Hand Surgery clinic. Together, they decided the best way to address Parent's arm discomfort and to keep her weight loss journey on track was to do an arm lift (brachioplasty). The surgery was successful, and Parent was thrilled with the results.

"It's been just over six years since I truly committed to becoming a healthier version of myself," said Parent. "Despite the personal obstacles, and not to mention a pandemic, I've lost 280 pounds in total, going from a size 26 pants to a 10 or 12 and a shirt size of 4x to 5x down to a medium or large. I can honestly say I feel great and I'm enjoying life more than ever."

To others considering weight loss surgery, Parent emphasizes the importance of focusing on the positives and not what you might miss out on. She also continues to set goals for herself, including plans to go horseback riding — something she's been unable to do for a very long time.

Learn more about weight loss and reconstructive surgery options.

Weight loss: samhealth.org/WeightLoss or 541-768-4280

Reconstructive surgery: samhealth.org/Plastics or 541-768-4370.

Minimally invasive techniques offer many benefits over traditional spinal surgeries

Patients facing spinal surgery can worry a bit less and expect better outcomes than ever before, thanks to a host of cutting-edge procedures offered at Samaritan Medical Group Brain & Spine Center – Corvallis.

Samaritan's newest neurosurgeon, Esther Kim, MD, is an expert in a number of complex, minimally invasive spinal procedures used to treat fractures, deformities and other conditions.

"Minimally invasive spinal surgery is more than just a technique," said Dr. Kim. "It's really more of a philosophy. We take a patient-centered approach when it comes to relieving pain, enhancing stability, restoring health and returning the patient to their normal daily activities."

Advanced instruments and technologies make these minimally invasive procedures possible.

These include state-of-the-art microscopes and endoscopes used to minimize injuries to normal structures during microlaminectomies and microdissectomies — procedures performed to remove bone and soft tissue near the spinal cord and spinal nerves. Spinal tumors can be treated utilizing radiofrequency ablation and cooling methods to reduce impingement on spinal nerves.

Advanced imaging technologies are also used to assist in surgical navigation and ensure accurate placement of stabilizing materials during procedures such as kyphoplasties (used to treat compression fractures) and anterior cervical disc arthroplasties (used to repair or replace cervical discs).

This minimally invasive approach offers numerous benefits as opposed to traditional surgery, including:

- Less damage to surrounding tissue.
- Less blood loss.
- Lower risk of infection.
- Better cosmetic appearance after the surgery.
- Less post-operative pain.
- Shorter hospital stays.

If you experience weakness in the arms or legs, problems walking properly, incontinence, numbness or tingling, you may have a spinal condition that requires treatment.

"If you are experiencing any of these symptoms, it is a good idea to seek medical help right away," said Dr. Kim.



Esther Kim, MD, accepts new patients by referral and can be reached at Samaritan Medical Group Brain & Spine Center – Corvallis by calling 541-768-4501.

Good Samaritan Regional Medical Center participates in nationwide sepsis study

A treatment that Good Samaritan Regional Medical Center helped pioneer in the fight against COVID-19 will soon take on a new purpose. In the months to come the treatment will be used in a nationwide study of septic shock, a life-threatening reaction to infection.

The PURIFY-RCT study will investigate the use of the Seraph 100 Microbind Affinity Blood Filter as a blood purification treatment for critically ill patients with septic shock. The study is funded by the Department of Defense and sponsored by the Uniformed Services University, Henry M. Jackson Foundation for the Advancement of Military Medicine and ExThera Medical Corp., the filter's manufacturer.

For more than a year, critical care specialist Brian Delmonaco, MD, and his intensive care team have found success using this blood filter on some of the sickest of the sick COVID-19 patients. Now the ICU staff will use their expertise in the study that may last up to two years.

"A study like the PURIFY-RCT permits our critical care team to network with larger research centers," said Dr. Delmonaco.

The Seraph 100 filter received emergency use authorization from the U.S. Food and Drug Administration in April 2020 to treat critically ill COVID-19 patients.

Participants involved in the study will be ICU patients who

have septic shock, bacteria in their blood and are on certain medications to raise abnormally low blood pressure.

Good Samaritan, the only participant in the Pacific Northwest, has prestigious medical partners in the study that include Baylor Scott & White Health, University of Texas Southwestern Medical Center and University of Southern California.

"Good Samaritan Regional Medical Center is a small but mighty clinical site for the PURIFY-RCT study. The caliber of the other clinical sites in terms of academic excellence puts us together with very esteemed company," said Dr. Delmonaco.

The research, which will enroll 60 patients, will compare in a ratio of 2-to-1 a larger group receiving Seraph filter treatment for up to four days and a smaller group receiving normal ICU care.

"It is an honor to be a part of the PURIFY-RCT study and to showcase our hospital among the nation's best health research institutions," said Dr. Delmonaco.

Below: Samaritan Dialysis Director Jackie Chandler, RN, displays a Seraph 100 blood filter that is used in the Blood Purification for the Treatment of Pathogen Associated Shock (PURIFY-RCT) trial.



Retired newspaper editor sings praises of surgery



A few days before Christmas, Albany surgeon Andrew Sweeny, DO, was checking on a patient before surgery when the patient pulled out a note he'd sneaked into the prep room.

"The note said, 'wait, this is a Christmas gift to myself,'" said Graham Kislingbury. "There's one more thing I have to do before you knock me out."

After getting the attention of Dr. Sweeny, a nurse and an anesthesiologist, Kislingbury belted out, "Have Yourself a Merry Little Hernia Surgery."

"He did a little parody and that actually made my day," said Dr. Sweeny. "It's generally something my dad would do. I love it."

For Kislingbury (pictured above), 68, a former newspaper editor who spends his retirement volunteering in the community, the timing of the surgery was important.

His hernia was diagnosed more than a year ago, but he put it off primarily so he could accomplish his volunteering tasks, which include yard work at Albany's Jackson Street Youth Shelter and First Christian Church.

Kislingbury recalled the pain his hernia gave him while doing yard work.

"I called it Iggy," said Kislingbury of his inguinal hernia. "I had the Iggy meter, some days we got up to a 10 as far as pain. And those days when it got really cranky, I'd just lie down."

Inguinal hernias occur due to weakening of the muscles in the lower abdomen.

Dr. Sweeny used Samaritan Albany General Hospital's da Vinci robot to place an index card-sized piece of mesh to repair the hernia. A month later, Kislingbury was walking through the cemeteries south of the hospital, reflecting on the importance of having a hospital in the heart of Albany.

"I am grateful for 36 years of living five blocks from the hospital," said Kislingbury.

In those three decades, Kislingbury had a few other visits for procedures and each time he brought a song to sing before he went under.

"I just love it when patients feel comfortable enough to be themselves and to have fun with something that is usually very anxiety producing," Dr. Sweeny said.

The power of faith, friendship and exceptional care

When Lebanon resident and business owner Ron Steele unexpectedly lost his beloved wife of 35 years in 2019, his life was shattered. In addition to losing his great love, he lost his co-pilot. Steele is legally blind and his wife handled all of their affairs: finances, medical appointments, grocery shopping and cooking.

Now living alone in the motor home he once shared with his wife, Steele was having to learn to do it all on his own. He was staying on a friend's property with no running water or heat, and his health began to rapidly decline.

Living with diabetes, he knew his persistent open leg wounds were problematic. His feet swelled and he was unable to walk far without falling.

"I knew things were getting bad, so I just started praying," said Steele.

A week later, while working on a church project, he showed a friend his wounds. The friend immediately called his wife, faith community nurse Deb Fell-Carlson, RN.

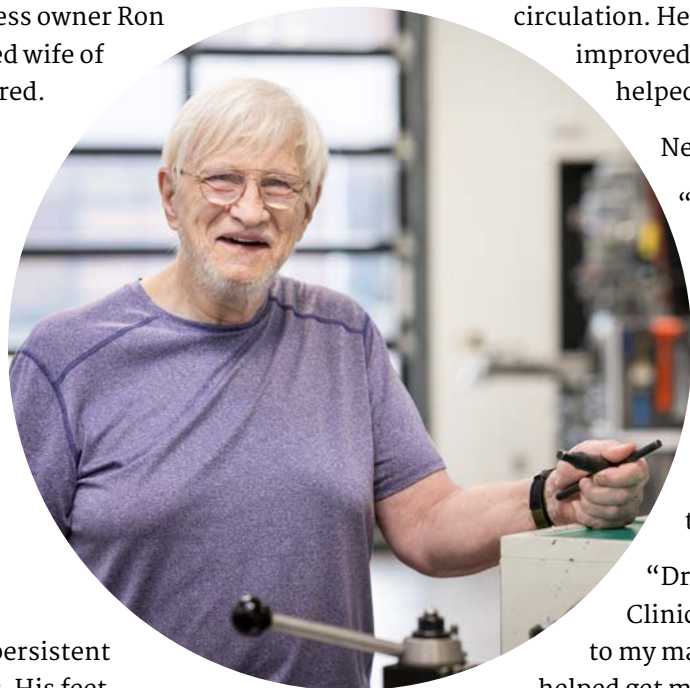
Faith community nurses are licensed nurses who have taken special training to minister to people at their places of worship.

"As soon as I saw Ron's legs and the overall condition he was in, I knew action had to be taken," said Fell-Carlson.

The first step: help get Steele enrolled in a good Medicare plan to cover his medical needs. Then, help schedule a visit with Bridget Shariat, DO, at Sweet Home Family Medicine. Dr. Shariat instigated a series of referrals to several Samaritan services for collaborative, comprehensive care.

"Lebanon Diabetes Education taught me how to really care for my diabetes," said Steele. "I learned what to eat, how to monitor my blood sugar levels, fun ways to exercise and how to check my skin for infections."

Samaritan Wound, Vein & Hyperbaric Medicine treated the wounds on his legs, which revealed problems with Steele's



circulation. He underwent vein surgery that improved circulation, reduced pain and helped to prevent new leg ulcers.

Next came physical therapy.

"Physical therapy helps me manage my chronic pain and I have really come to enjoy it," said Steele.

For 15 years, Steele used opioids to control constant pain. His new treatments allowed him to manage the pain and transition to a safer medication.

"Dr. Matthews at Samaritan Recovery Clinic in Lebanon was another answer to my many prayers," said Steele. "He helped get me to where I didn't need the opioids anymore and I feel so much better without them in my system."

Besides medical services, Fell-Carlson helped get Steele an apartment, a pool membership, new dentures and glasses, and helped him access other needed community-based services.

"He's a whole new person and it has truly been a gift to be able to help him find health, comfort and safety," said Fell-Carlson.

Today, Steele is climbing stairs to his third-story apartment, enjoying water exercise and immersing himself in old hobbies.

"I don't know where I would be today without my faith, Deb, my congregation and the many care providers who supported my return to health," said Steele. "I am thankful for this community and the collaboration from everyone to give me a better life."

To learn more about faith community nursing or how to get involved, visit samhealth.org/FaithCommunityNursing.

Above: Ron Steele at Linn-Benton Community College's machine tool technology laboratory enjoying his favorite pastime – machine tooling.



Refreshing, heart-healthy strawberry salad

By Lauren Burns, registered and licensed dietitian, Samaritan Lebanon Community Hospital

Oregon strawberries, tender spring greens and heart-healthy walnuts are the perfect flavor combination to this robust summer salad. Walnuts are rich in omega-3 fats, a type of polyunsaturated fat known to lower serum triglycerides and act as a natural anticoagulant. Strawberries are rich in anthocyanins, a type of flavonoid that works to reduce overall inflammation in the body. Balsamic vinaigrette and feta cheese give this balanced salad a delicious tang and astringency that will satisfy the entire family.

Preparation time: 15 minutes | Servings: 4

Ingredients:

Vinaigrette

- ❑ 1 1/2 tablespoons extra-virgin olive oil.
- ❑ 1 tablespoon balsamic vinegar.
- ❑ 2 teaspoons shallots, minced.
- ❑ 1/4 teaspoon salt.
- ❑ 1/4 teaspoon black pepper, ground.

Salad

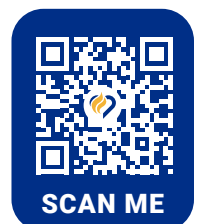
- ❑ 6 cups spinach or mixed greens of choice.
- ❑ 1 cup strawberries, sliced.
- ❑ 1/4 cup feta cheese, crumbled.
- ❑ 1/4 cup walnuts, unsalted, chopped.

Directions:

1. Add oil, vinegar, minced shallot, salt and pepper into small bowl and whisk until combined. Allow dressing to stand for 5 to 10 minutes until shallot softens.
2. Combine spinach, strawberries, feta and walnuts into large bowl.
3. Drizzle dressing over salad and toss until evenly coated.

Nutrition information (per 1 1/4 cups serving): calories 158; total fat 21 g; saturated fat 2.6 g; trans fat 0 g; cholesterol 8.3 mg; sodium 298 mg; fiber 3.4 g; total sugars 3.3 g (added sugars 0 g); protein 4.8 g.

Visit samhealth.org/RecipeMinute for more healthy recipes.



Well-baby checkups provide support for new parents

Having a new baby at home is challenging, even for the most seasoned parent. If only a manual could walk you through those worrisome times. Fear not – support and help are available if you need it. Your baby’s pediatrician is your best resource for most questions and concerns. Please don’t hesitate to ask – there are no silly questions. Your baby is depending on you to advocate for their needs.

Newborns are needy. They eat frequently, (breast milk or formula) every two to three hours, sleep about 18 hours each day, need clean diapers and lots of cuddles.

In addition to your pediatrician, there are a number of resources available to parents. Family Connect is a free evidence-based, home visiting nurse program for all families with newborns. For more information, visit familyconnectsoregon.org.

Another free resource is Pollywog, which connects families with classes, services and resources in Benton, Lincoln and Linn counties, including childbirth preparation classes and free virtual one-on-one parenting coaching. Visit pollywogfamily.org to learn more.

If your baby is a healthy birth weight and has no complications, the first well-check appointment with the pediatrician is typically one week after their birth. Well-baby checks are an important way to monitor your baby’s growth and development. Your doctor will also check for any problems.



These appointments are a good way to get comfortable and develop a relationship with your baby’s doctor.

Well-baby checks with your pediatrician continue as your baby grows.

Generally, during the first year appointments are set at one, two, four, six, nine and 12 months per the American Academy of Pediatrics recommendation. At these appointments the nurse will check your baby’s weight, height and head circumference. Then, when the pediatrician is examining your baby, use the opportunity to ask any questions on topics including development, sleep, feeding and safety.

Immunizations are also done at these appointments and are important for boosting your baby’s immune system. Immunizations help protect your baby against life-threatening diseases. The Centers for Disease Control and Prevention and the American Academy of Pediatrics have a recommended immunization schedule that parents are encouraged to follow to provide immunity early in your baby’s life.

Looking for a pediatrician?
Visit samhealth.org/FindADoc or call 800-863-5241 for assistance.



Five tips to a successful 5K

The sun is out! For many of us, it is time to dust off the sneakers and get back outside for a bit of exercise. Are you ready to get yourself into better shape for the outdoor season? Maybe it’s time to take on your first 5K.

“The great thing about getting off the couch and going for it in a 5K is that you only need one piece of equipment: a good pair of walking/running shoes,” said Angie Smith, an Ironman All World Athlete and a health and fitness specialist at SamFit. “Then find a training plan and you’re on your way.”

Here are five basic tips to achieve a successful 5K during the sunny season:

- 1. Train for your race – even if this isn’t your first.** Find a 5K run training plan, such as this one at samhealth.org/5KPlan, to prepare for your race. A plan will include periods of running, walking and resting, gradually increasing the time spent running so that you’re at your peak on race day.
- 2. Don’t skip meals.** Be sure to eat before your race. Timing is a key factor, as you won’t want to risk cramping by running

Farmers markets and community gardens are ripe with possibilities!

Nothing quite compares to harvesting your own garden. Imagine stepping onto your porch to clip off a few crisp lettuce leaves for tonight's dinner, gently tugging ripe blueberries off the stem without disturbing still-ripening berries or digging into warm soil for a bright orange carrot or a wonderfully earthy potato.

For those who don't have the time, talent or space for a backyard garden, the local farmers market or community garden can deliver on the same fresh experience.

Farmers markets can be found in most local communities, from Albany to Yachats. Visit OregonFarmersMarkets.org to search for locations.

Community gardens offer the opportunity to plant and grow your own produce in an already-established bed. Like farmers markets, community gardens can be found in most municipalities. Neighbors gather together to socialize, learn, plant and enjoy the fruits and vegetables of their labor. Rules vary but the overall goal is to encourage resilient, sustainable and local agriculture. Fruits and veggies taste best and are

most nutritious when the harvest-to-table time is just a matter of minutes.

A grant-supported community garden project in Lincoln City is focusing on underserved families. Called Juntos en el Jardin, or Together in the Garden, this project is led by staff from Oregon State University, Northwest Coastal Housing and the Olalla Center, with consulting input from Samaritan Health Services. Its goal is to help vulnerable families access community garden spaces.

Oregon's growing season can be short, especially on the coast. But some believe the mostly mild climate intensifies the flavors of the harvest. Whether you are inland, in the coastal range or at the beach, small farms abound with offerings nearly year-round, but the main growing season is concentrated in May through mid-October.

For great ideas and assistance in all things gardening in Oregon, visit the OSU Extension Service online at extension.oregonstate.edu.



on a full stomach, so have your last meal one to two hours before the race. Eating something high in carbohydrates and lower in fiber and combining plenty of fluids will provide the fuel for your race.

- 3. Be prepared.** Avoid feeling rushed and anxious by picking up your race packet early, getting your race outfit ready the night before and getting to the race early.
- 4. Always warm up.** Stretch your muscles and take a quick jog about 15 minutes before the race starts. Not only does

a warm-up help prevent injury, it will help raise your body temperature and enhance your race performance.

- 5. Don't go out too fast.** Don't let the excitement get to you and get carried away at the start. Check your pace early in the race and do your best to stick with it.

Most importantly, have fun!

Need more assistance with setting health and fitness goals? Find a SamFit near you at SamFit.org.

Care team, peers support woma

Morgan Wardle wanted things to be different with the birth of her second baby.

With her firstborn, she had hoped and planned for a natural birthing experience and received all of her prenatal care at a free-standing birthing center.

“When I went into labor, they checked me and they felt a foot,” said Wardle. “It turned out he was breech.”

Wardle was taken to Samaritan Lebanon Community Hospital, where she had an emergency cesarean section, bringing her first son Huxley into the world. Even though the birth did not go as expected, she was impressed with the care she received.

“They were amazing,” she said. “They treated me like a queen.”



**Building
empowerment
together**

n's natural birthing experience

When she became pregnant with her second child, she knew she wanted to stick with Samaritan. She also wanted to try again for a more natural birthing experience. She found out that in order to try for a vaginal delivery after a prior C-section in our region that she would need to have her baby at Good Samaritan Regional Medical Center in Corvallis. She made an appointment to begin prenatal care at Samaritan Obstetrics & Gynecology, which is located on the Corvallis hospital campus.

“My first appointment was with one of the midwives,” Wardle said. “It was very clear that the care was very patient centered and about what you want to do with your pregnancy and your baby.”

Wardle also learned about the Centering group prenatal visits available at the clinic, which offers parents-to-be a chance to learn about pregnancy and birth not only from the health care team, but also each other.

“I loved Centering,” she said. “I looked forward to it. It was really fun, especially since I was the only one who already had a kid. I felt like the wise momma of the room.”

Wardle was encouraged by how well her pregnancy progressed. With a vaginal delivery after cesarean section — often referred to as VBAC — it is very important that the baby is positioned head down prior to labor and delivery. Wardle did prenatal yoga to encourage the baby to get into the right position. An ultrasound showed the baby was head down by 32 weeks.

“Everything was just set up to go really well for me,” she said.

She went into labor a week later than expected, which surprised her because Huxley had come a week early. She'd already experienced “false labor” — contractions that come and go with no pattern or consistency — a few times, so when she finally did go into labor at 8 p.m. on Dec. 29, 2019, she decided to just go to bed.

“Before I knew it my contractions were very strong,” she said. “I had to be in the bathtub. I was in a lot of pain.”

Her husband Tate took her to Good Samaritan, where she ended up laboring for 12 hours. Wardle's mother and three sisters arrived and, along with Tate, were there for encouragement and to help her in any way they could.

To help relieve the pain of contractions, Wardle was happy that she was able to get into a bathtub of warm water. Each labor and delivery room at Good Sam includes a bathtub.

“The bathtub was immediate relief,” she said.

When it was time to push, she got out of the tub and onto the bed.

“With every contraction, I would think: ‘I can do one more, I can maybe do one more,’” she said. “I wanted to give up so bad, but I didn't. I kept going.”

Her contractions slowed for a while, which she appreciated because she was so exhausted. Finally, after many contractions and a lot of pushing Bastian was born.

“I made it through without any drugs, no complications,” she said. “It was really amazing. I was really thankful that I was able to do the VBAC like that. I call Bastian my hulk baby because I felt like a warrior woman.”

With her first baby Huxley, after the C-section Wardle was barely able to open her eyes for a minute at a time to see the baby. When Bastian was born the midwife immediately placed him on her chest, and mother and baby rested and bonded.

“I was fully aware of what was going on,” she said. “It was really nice.”

Wardle and her husband are not planning on having more children, but if she were to do it again, she would choose the same path without hesitation.

“I felt very supported in my decision,” she said. “I felt very safe. I always felt all of the midwives and OBs were all on the same team and the center goal of that team is to help you as the mother have the experience that you want to have. That is so valuable.”

Wardle's advice to others considering vaginal delivery after C-section:

“Make sure it is the right decision for you. Do the research on your own. Make sure you are at a place like Samaritan where you feel safe and supported and I would say ‘You can do it, Momma!’”

Learn more about Morgan Wardle and her natural birthday journey at samhealth.org/MorganW.

Cancer care collaboration be



It's been nearly two years since the Samaritan Cancer Program announced its collaboration with Oregon Oncology Specialists. Since then, the affiliation has proven to benefit cancer patients, access to services and the care team alike.

"Our shared approach to patient care and leveraging the experience and leadership capabilities of Oregon Oncology Specialists is yet another way we are advancing our well-established cancer program at Samaritan," said Barbara Croney, vice president of Ancillary Services & Academic Affairs.

The collaboration also expands the number of providers seeing patients at all five of the Samaritan Hematology & Oncology Consultants locations in Benton, Lincoln and Linn counties.

With the addition of these providers, as well as cancer care offered by Tina Passalaris, MD, and Thomas Jones, MD, patients can typically schedule consultations for first appointments within five days or less.

"We are proud and humbled to offer patients an outstanding array of diagnostic, treatment and follow-up cancer services," said John Strother, MD, hematology and oncology medical director.

"Our team is committed to always improving, which I'm proud to say has been recognized and reaffirmed by our patients."

At the close of 2021, Samaritan Hematology & Oncology Consultants received a 91.5% likelihood to recommend, placing them in the 96th percentile for performance among all other nationally rated cancer programs.

In addition to comprehensive hematology and oncology services, the Samaritan Cancer Program combines innovative research with coordinated patient care, from medical oncology to radiation therapy, specialty breast care, surgery, orthopedic oncology, survivorship planning, laboratory, diagnostic imaging, lymphedema care, speech therapy and supportive services. The program also operates a hospitality house in Corvallis, Mario Pastega House, that offers low-cost stays for the families of eligible patients while in treatment.

A quality cancer program goes beyond treatment and the care team. It's also about listening to the voice of the patient.

"It's for this very reason we formed a cancer patient and family advisory council early in 2021," said Croney. "This group of cancer survivors and caregivers brings an honest perspective, sharing opportunities to further enhance the patient experience – something our cancer program truly values."

enefits patients and care team

Meet the cancer care team:



Robert Davis, MD, is fluent in Spanish and understands the intersection of medicine and culture in the Spanish-speaking community.



Eric Gershman, MD, has 28 years of medical oncology and hematology experience. He enjoys doing community education about oncology screening and wellness.



Catherine O'Brien, MD, is an accomplished specialist who has been recognized for excellence throughout her career. She combines leading-edge care with careful consideration of each patient's needs.



William "Bud" Pierce, MD, PhD, is a pioneering figure in cancer care in the Willamette Valley, with a medical career spanning four decades. He is highly regarded by patients and peers for his commitment to excellence.



John Strother, MD, is the medical director for Samaritan Hematology & Oncology Consultants. He combines the latest breakthroughs in cancer treatment with respect and compassion for every patient.



Natasha Tiffany, MD, is committed to medical excellence and providing personalized care, and has a special interest in treating patients with breast cancer. She also teaches at Oregon Health & Science University.



Herschel Wallen, MD, has a background in cancer research and brings more than 20 years of medical oncology and hematology experience.



Marisa Adlesich, PA-C, has a background in urgent care and occupational medicine, and is excited to be part of the hematology and oncology team.



Ryan Cain, PA-C, specializes in bone marrow biopsies and lumbar punctures with intrathecal chemotherapy. He also provides follow-up to bone marrow transplant and cellular therapy patients.



Stacie Fulcher, PA-C, stays current on the latest cancer treatment and medications to improve patient outcomes through individualized care.



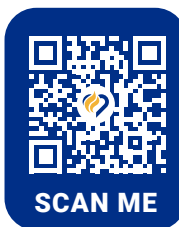
Holly Almond, MSN, FNP, is an advanced oncology certified nurse practitioner with nearly 30 years of experience working in hematology, oncology and bone marrow transplant services. She has a special interest in cancer survivorship and managing post-treatment side effects.



Allean Johnson, MSN, FNP, is a family nurse practitioner with a degree in adult gerontology acute care. She uses evidence-based research to guide patients through their cancer journey.



Sharyn Shepherd, FNP, specializes in immunotherapy, a treatment that uses the immune system to fight cancer. She uses a holistic approach in her practice.



To learn more about the Samaritan Cancer Program, visit samhealth.org/Cancer. If you're interested in joining the cancer patient and family advisory council, contact the Service Excellence Team, SHSServiceExcellence@samhealth.org.

Samaritan invests in new medical equ

Throughout Samaritan's tri-county service area investments are being made — from new medical equipment to new facilities — to continue to meet patient needs and provide quality, advanced health care services.

The following key projects were recently completed or are slated to begin soon.

Albany

Robotics room: Samaritan Albany General Hospital now has an operating room completely integrated with the da Vinci surgical system (pictured below). The Albany General Hospital Foundation contributed \$700,000 to the \$1.1 million upgrade that includes a new ceiling structure, table, lights and booms — all controlled from the robot.



CT room: A new computed tomography room was added to the first floor of Samaritan Albany General Hospital. The \$1.5 million project was completed in early March and houses the hospital's second CT scan machine.

Lebanon

Girod Birth Center: The Girod Birth Center at Samaritan Lebanon Community Hospital is getting a facelift. The \$7 million project will add 8,000 square feet to the building and remodel 5,000 square feet of existing space, including patient rooms and the C-section room. Construction starts this fall and is expected to last 18 months.

Sweet Home

Clinics expansion and pharmacy: This summer construction on a new \$9.5 million, 15,000-square-foot medical building will begin in Sweet Home next to Wiley Creek Senior Living. Designs are being finalized for the building which will house a primary care clinic, urgent care clinic and a pharmacy. The project is expected to be completed in 2023.

The existing Sweet Home Family Medicine clinic will be remodeled for an expanded physical therapy clinic after the location is completed. (See rendering below and related story at far right.)



Corvallis

OSU Health Services Center: The Jan. 7 implosion of Reser Stadium's west side was the dramatic kick off to a project that will include construction of a 32,000-square-foot wellness center on the stadium's southeast corner that will include a Samaritan Health Services clinic.

The four-story wellness center will offer year-round primary and walk-in/same-day care services. Concrete work began in April with the building set to be substantially completed in May 2023.

Samaritan will occupy 9,000 square feet on the second floor serving OSU employees, students and the general community.

Newport

Urgent care and occupational medicine clinics: From family restaurant to medical clinic, a single-story building at 705 SW Coast Highway in Newport has had many uses over the years. (See photo at right.) With the completion of a \$2.4 million remodel this past December, it was transformed again — into the permanent location for Newport's urgent care and occupational medicine clinics. The remodel was supported, in part, by community donations to the Pacific Communities Health District Foundation.

ipment, services



These clinics were displaced from inside Samaritan Pacific Communities Hospital during the hospital's major expansion and renovation and relocated to a brand-new modular building.

While the modular building was a good short-term way to provide these much-needed services, the bricks-and-mortar building offers nearly double the space for enhanced patient comfort and improved efficiency, while still being conveniently located directly west of the hospital.

Lincoln City

Clinic expansion: A primary care medical clinic on the campus of Samaritan North Lincoln Hospital is increasing in size, with the addition of a 2,400-square-foot modular building directly north of the existing building.

The modular was delivered in mid-December to Samaritan Lincoln City Medical Center. Once the modular is prepared and ready to receive patients in June, it will house up to four primary care providers, their staff and support spaces. This is a short-term solution. Planning is in its initial stages for the construction of a permanent medical office building to replace the existing clinic, which was built nearly 50 years ago.

Stronger Together



Fundraising supports medical services expansion in Sweet Home

This summer, Samaritan Health Services will break ground on a new 15,000-square-foot family medicine clinic and urgent care in Sweet Home, located on Highway 20 near Wiley Creek Senior Living.

Lebanon Community Hospital Foundation is raising funds for the new medical building, which will include expanded urgent care hours, improved access to primary care appointments and a helipad for patients who need quick transportation to a hospital. In addition, the clinic will have the most up-to-date medical technology for telehealth appointments with out-of-town specialists. Patients will be able to come to the clinic for a virtual appointment with these specialists, saving time and travel expense.

The current Sweet Home Family Medicine Clinic on Main Street will be remodeled for expanded physical therapy and rehabilitation services.

This important project will greatly increase access to health care in the Sweet Home community, and you can help. Individuals and businesses can leave a lasting legacy by making a contribution. Donations of \$1,000 and greater will be listed on the founding donor wall, and other donor recognition opportunities including room sponsorships are also available.

Every dollar contributed to Lebanon Community Hospital Foundation for the campaign will be used to support this expansion of services and benefit generations of families.

To learn more about the project and how you can help, visit samhealth.org/SweetHomeTogether. More information about other Samaritan projects focused on improving access, building community and inspiring hope is detailed on the Samaritan Foundations comprehensive campaign website samhealth.org/StrongerTogether.

Above: Rick Parrish, PA-C; Bridget Shariat, DO; Carl Hoogesteger, MD; Juliette Asuncion, DO; Tessa Reff, MD; Meaghan O'Connor, PA-C.

Samaritan welcomes new



Michael Boggess, PhD, has joined Samaritan Mental Health – Circle Blvd. He earned a bachelor's degree at Western Oregon University and a master's degree at Washington State University. He completed an internship at Southeast Human Service Center and a residency at Northwest ADHD Treatment Center. He can be reached at **541-768-1221**.



Jennifer Brewer, MD, FACOG, has joined Samaritan Obstetrics & Gynecology – Corvallis. She earned a bachelor's degree at University of California, Irvine and a medical degree at Oregon Health & Sciences University School of Medicine. She completed residency training at Valleywise Health Medical Center (formerly Maricopa Integrated Health Systems). She can be reached at **541-768-5300**.



Julie Cunningham, PhD, has joined Samaritan Cardiology – Corvallis and Samaritan Endocrinology. She earned a bachelor's degree at Russell Sage College and a master's degree and doctoral degree in clinical psychology at University of Alabama College of Community Health. She completed residency training and an internship at Geisinger Medical Center. She can be reached at **541-768-5205**.



Andrew Evans, DPM, has joined Samaritan Specialty Clinic – Lebanon. He specializes in podiatry, foot surgery and rearfoot/ankle reconstructive surgery. He earned a bachelor's degree at University of Utah and a medical degree at Des Moines University. He completed residency training at Scott and White Memorial Hospital. He can be reached at **541-451-6282**.



Michelle Fong, PhD, has joined Samaritan Neuropsychology – Albany. She earned a bachelor's degree at Harvey Mudd College and a master's degree and doctoral degree in clinical psychology at University of Oregon. She completed an internship at Good Samaritan Regional Medical Center and residency training at Kaiser Permanente. She can be reached at **541-812-5760**.



Karlei Forrester, PA-C, has joined Samaritan Lebanon Health Center. She earned a bachelor's degree at Oregon State University and a master's degree at University of Wisconsin – La Crosse. She received a master's in physician studies from Oregon Health & Science University. She can be reached at **541-451-7992**.



Amie Keys, MSN, FNP, has joined Samaritan Internal Medicine – Corvallis. She earned a bachelor's degree at Linfield College and a master's degree in nursing at Gonzaga University. She can be reached at **541-768-5140**.



Esther Kim, MD, has joined Samaritan Medical Group Brain & Spine Center – Corvallis. She specializes in minimally invasive spine surgery and neurosurgery. She earned a bachelor's degree at Johns Hopkins University and a medical degree at the University of Maryland School of Medicine. She completed residency training at Loma Linda University Medical Center and a fellowship in neurosurgery at Swedish Medical Center – Seattle. She can be reached at **541-768-4501**.



Aditi Madabhushi, MD, has joined Samaritan Surgical Specialists. She specializes in vascular surgery. She earned a medical degree at Lokmanya Tilak Memorial Medical College. She completed residency training at Temple University Hospital and a fellowship in vascular surgery at Yale New Haven Hospital. She can be reached at **541-768-5930**.



Lucien Megna, MD, has joined Samaritan Health Center – Newport. He is also director of the Rural Family Medicine Residency Program. He earned a bachelor's degree at Washington and Lee University and a medical degree at St. George's University School of Medicine. He completed residency training in general surgery at St. Francis Medical Center and in family medicine and public health at the University of Florida Health Science Center – Jacksonville. He can be reached at **541-265-8816**.



Blake Peterson, DPM, has joined Samaritan Orthopedics & Podiatry – Newport. He earned a bachelor's degree at Brigham Young University – Idaho, a master's in health administration at Rosalind Franklin University of Health Sciences and a medical degree at Dr. William M. Scholl College of Podiatric Medicine. He completed residency training at Baylor Scott & White Memorial Hospital/Texas A&M Health Science Center. He can be reached at **541-574-7235**.



Divine Ribakare, DO, has joined Samaritan Kidney Specialists – Corvallis. She earned a bachelor's degree at Winston-Salem State University and a medical degree at Ohio University College of Osteopathic Medicine. She completed residency training at

ew health care providers

Christ Hospital and a fellowship in nephrology at Oregon Health & Science University. She can be reached at **541-768-6930**.



Donna Reed, FNP, has joined Samaritan Waldport Clinic. She earned a bachelor's degree from Minnesota State University at Mankato, a master's degree at Troy State University and a master's

degree to become a family nurse practitioner at University of South Alabama. She can be reached at **541-563-3197**.



Megan "Meg" Santoni, PA-C, has joined Samaritan Athletic Medicine Center. She earned a bachelor's degree at San Diego State University and a master's in physician assistant studies from Pacific

University Health Professions Campus. She can be reached at **541-768-7700**.



Geoffrey Schaubhut, PhD, has joined Park Street Clinic and Main Street Family Medicine. He earned a bachelor's degree at University of North Dakota, and a master's degree and doctoral degree in clinical

psychology at University of Vermont. He completed an internship at Community Counseling Center of Mercer County and residency training at Good Samaritan Regional Medical Center. He can be reached at **541-451-7200**.



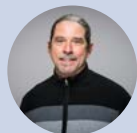
Rachel Shirley, DO, FACS, has joined Samaritan Medical Group Breast Center – Corvallis. She earned a bachelor's degree at Baylor University and a medical degree at University of North Texas Health

Science Center. She completed residency training at Louisiana State University Health Sciences Center and a fellowship in breast surgical oncology at Grant Medical Center. She can be reached at **541-768-1252**.



Tori Smith, DO, has joined Samaritan Lincoln City Medical Center. She earned a bachelor's degree at University of Iowa and a medical degree at A.T. Still University of Health Sciences Kirksville College

of Osteopathic Medicine. She completed an internship and residency at University of Illinois College of Medicine. She can be reached at **541-994-9191**.



Adam Specht, PA-C, has joined Samaritan Cardiovascular Surgery. He earned a bachelor's degree at University of Houston and a master's in physician assistant studies at University of

Texas Medical Branch at Galveston. He can be reached at **541-768-5223**.



Molly Soltero, FNP, has joined Samaritan Family Medicine Resident Clinic – Lebanon. She earned a bachelor's degree at Oregon Health & Science University and a master's degree and certification as

a family nurse practitioner at Georgetown University. She can be reached at **541-451-6960**.



Seth Williams, MD, has joined Samaritan Pediatrics. He earned a bachelor's degree at Oregon State

University and a medical degree at Oregon Health & Science University School of Medicine. He completed

residency training at University of California San Francisco. He can be reached at **541-768-4900**.



Patrick Wood, MD, has joined Samaritan Health Center – Newport. He earned a bachelor's degree at Louisiana State University Baton Rouge and a medical degree from Louisiana State University –

Shreveport. He completed residency training and a fellowship at Louisiana State University Health Sciences Center. He can be reached at **541-265-8816**.



Nathaniel Uecker, MD, FACS, has joined Samaritan Surgical Specialists – Newport. He earned a bachelor's degree at University of Wisconsin –

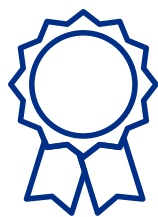
Madison and a medical degree at Ross University School of Medicine. He completed an internship at University of Arkansas and residency training at Maricopa Integrated Health Systems and University of Arkansas. He can be reached at **541-574-7235**.

**Need help finding a health care provider?
Visit samhealth.org/FindADoc
or call 800-863-5241.**

Samaritan earns state and regional recognitions for excellence

Samaritan Health Services is powered by PRIDE and it shows!

The health professionals and employees of Samaritan are guided by the organization's values of passion, respect, integrity, dedication and excellence — PRIDE — when caring for the health of patients and communities. But don't just take our word for it! Samaritan has received many independent state and regional accolades. Here are just a few:



Maternity practice: Good Samaritan Regional Medical Center earned a score of 98 out of 100 in the Maternity Practices in Infant Nutrition and Care Survey conducted by the Centers for Disease Control and Prevention. This score compares favorably to the national average score of 81, the western region score of 85 and the score of 81 for hospitals of similar size. Good Samaritan achieved the top score of 100 for immediate postpartum care, infant feeding practices and education, and continued support after discharge from the hospital.

Social responsibility: Samaritan and its five hospitals rank favorably in the Lown Institute Hospitals Index, which defines standards for social responsibility by examining performance in health outcomes, value and equity. The Samaritan system and hospitals earned top letter grades in categories related to social accountability, equity and inclusion, value of services performed and patient outcomes. All five received an A in overall social responsibility, while Samaritan ranked in the top 17% of nonprofit systems nationwide.



Community star: Lesley Ogden, MD, chief executive officer of Samaritan's two hospitals in Lincoln County, was the only Oregonian on the list of 2021 Community Stars, compiled by the National Organization of State Offices of Rural Health. She was selected for her exceptional leadership during wildfires that threatened Samaritan North Lincoln Hospital and impacted services at Samaritan Pacific Communities Hospital, and for her hands-on approach to handling the COVID-19 pandemic, including active participation in community vaccination efforts.



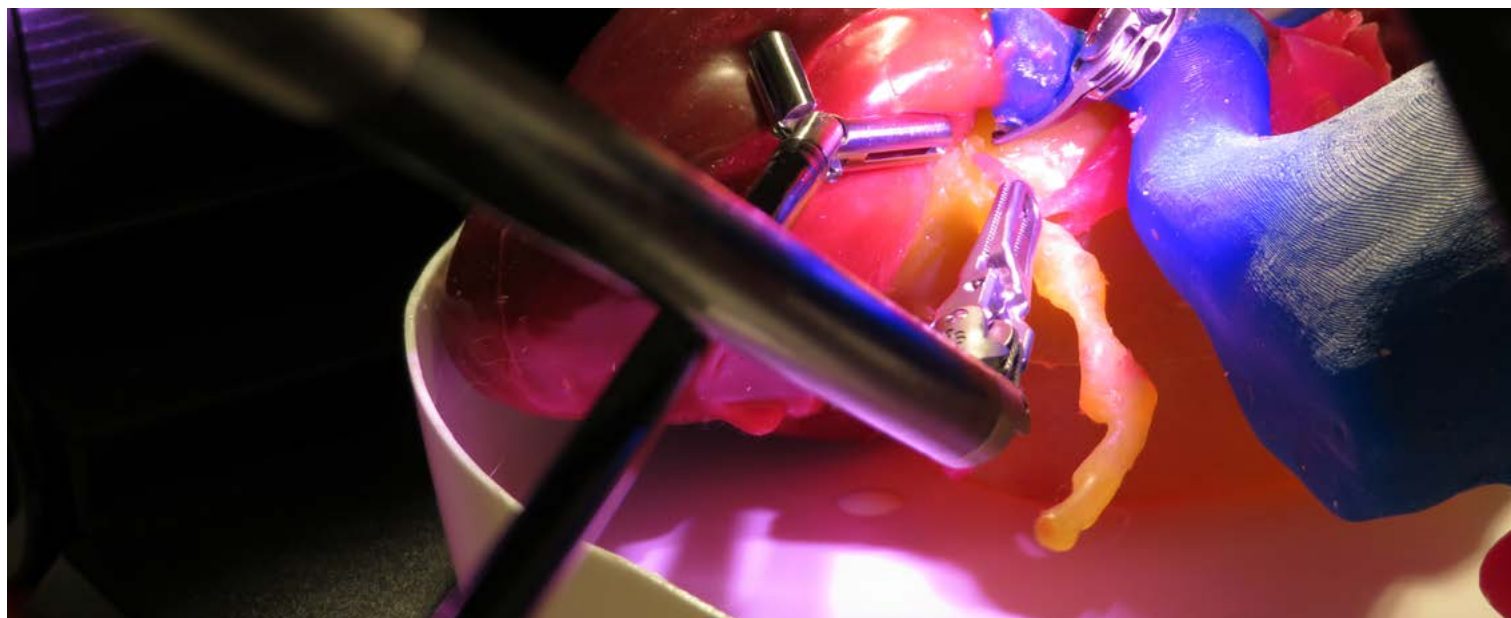
Most Wired: The College of Healthcare Information Management Executives recognized Samaritan and its Information Services team as a "Digital Health Most Wired" organization for their forward-thinking in serving patients and the system. As a "Most Wired level seven" organization, Samaritan uses technology to analyze data and to achieve meaningful clinical and efficiency outcomes, and has implemented more advanced technologies, like telehealth, to expand access to care.

Healthiest Employer: Samaritan has been recognized nine years in a row as one of Oregon's healthiest employers by Healthiest Employers Inc. and the Portland Business Journal. In 2021, Samaritan took third place among businesses with 5,000 or more employees. Samaritan was recognized for its multi-faceted response to keeping employees well during the COVID-19 pandemic, for offering a large number of programs with high employee engagement and for integrating many aspects of workplace wellness programs with their self-funded health insurance plan.



Epic Honor Roll: Epic has named Samaritan to its honor roll of health care organizations for the third time, reflecting Samaritan's commitment to providing the most up-to-date electronic medical records to its staff and patients. Just 160 of the 500 health care organizations that use Epic are named to the honor roll. At Samaritan, the Information Services team has worked on infrastructure and system maintenance, bringing new features online, updating business continuity processes and developing a clinician builder program.

TopProjects finalist: The \$57-million Samaritan Pacific Communities Hospital renovation and construction project was a finalist for the 2021 TopProjects award presented by the Daily Journal of Commerce Oregon. The competition recognizes the most outstanding construction projects completed during the previous year in the Pacific Northwest. The 116,000-square-foot new construction and renovation transformed an outdated building into a beautiful, modern and efficient facility. It was noted that construction successfully progressed during an unprecedented time of supply chain disruptions, COVID-19 safety protocols and other scheduling barriers.



Surgeon pioneers 3D modeling surgical technology

Surgeon Layron Long, MD, of Samaritan Urology, became the first person in the Pacific Northwest to use a new 3D printed customized training model before performing two surgical cases.

The technology, Pre-Sure, created by Oregon-based medical device company, Lazarus 3D, allows surgeons to rehearse complex surgeries on a soft, realistic silicone model created directly from scans of a patient's actual organ. The technology was recently approved by the FDA for use as a diagnostic device for pre-operative surgical rehearsals.

“Allowing surgeons to rehearse surgery on a realistic model could someday decrease the time for operations and reduce surgical complications,” Dr. Long said.

As an experienced and skilled surgeon, Dr. Long said he would consider using this technology for complex surgeries, such as when there are lesions and blockages of the kidney and it can be hard to see the transition points with traditional imaging including CTs and MRIs.

“If you’re going to run in a race, you don’t just do it. You practice,” explained Dr. Long. “It’s the same concept with this technology.”

In the two cases performed since December 2021, Dr. Long set up a rehearsal with Pre-Sure using the da Vinci robotic platform at Good Samaritan Regional Medical Center. Since 2010, Samaritan’s robotic-assisted surgery program has

changed how doctors perform surgery, enhancing patient care and improving outcomes. The da Vinci surgical system gives doctors an alternative to both traditional open surgery and conventional laparoscopy.

The surgeries Dr. Long rehearsed using the synthetic soft-tissue models, including the removal of a complex tumor from the kidney, were both successful.

“I went in before and practiced the surgery, doing the incision and the reconstruction,” he said. “It was a tough case. It helped me go in with more confidence.”

Dr. Long, who also serves as an assistant professor at Western University of Health Sciences College of Osteopathic Medicine of the Pacific-Northwest, said another application for the technology is to lessen the learning curve for new surgeons to become proficient.

He can envision a future when surgical residents could practice on lifelike 3D models to improve their skills.

“From an educational standpoint, the training models could help to bridge the learning gap,” Dr. Long said.

Layron Long, MD, sees patients at multiple Samaritan Urology clinics and can be reached at 541-768-5486. Learn more about Samaritan’s da Vinci Robotic-Assisted Surgery Program at samhealth.org/Robot.

Samaritan awards \$445,000 in grants to local nonprofits

Samaritan Health Services awarded a total of \$445,585 in Social Accountability grants to local service organizations, to be distributed during 2022.

Social Accountability grants are awarded within Benton, Lincoln and Linn counties. Funding decisions are made by committees consisting of employees and board members at each Samaritan-affiliated hospital. Funded programs address unmet needs of underserved populations and improve overall community health.

“Many people living in our three-county region struggle in their daily lives,” said JoAnn Miller, Samaritan director of Community Health Promotions. “Local nonprofit agencies offer a variety of helpful resources and Samaritan is pleased to partner in these efforts by offering Social Accountability grant funding to agencies that meet our requirements.”

Social Accountability grants are part of the larger Samaritan Community Benefit program, which encompasses the organization’s efforts to build healthier communities by providing direct and in-kind support for services such as health screenings, health professions education, health research and community health activities.

The largest grant of more than \$97,000 went to Northwest Coastal Housing based in Newport. The nonprofit that has served Lincoln County since 1991 redeveloped a 42-room hotel in Lincoln City (see photo) using funds from a State of Oregon Project Turnkey grant. The hotel, which recently offered shelter to those displaced by the Echo Mountain wildfire, offers temporary housing to discharged hospital patients, clients of social service agencies and to others needing a place to regain self-sufficiency. This is the second year Samaritan has supported the hotel project.



In Linn and Benton counties grants went to 37 different agencies including the ABC House, Habitat for Humanity, Boys & Girls Club, Jackson Street Youth Services and CASA (Court Appointed Special Advocates).

This will be the final year of Samaritan’s yearly grant distribution. Starting in 2023, Samaritan will distribute three-year grants.

Community benefit also encompasses the charity care that Samaritan provides to low-income patients.

To be eligible for Social Accountability grant funding, programs must:

- Focus on unmet needs in underserved populations.
- Be located in and provide services within Benton, Lincoln and/or Linn counties.
- Be collaborative, involving partnerships with Samaritan or other local community organizations.
- Address a social determinant of health.
- Focus on prevention, with an emphasis on improving the health status in the community that includes equity, diversity and inclusion.
- Focus on a specific program or project within the agency or organization.
- Use quality indicators to measure progress, report results and share them widely to attract more resources.
- Plan for self-sufficiency.
- Be fiscally responsible.

Learn more about Samaritan’s community benefit program at samhealth.org/CommunityBenefit.



Medical supplies donated to Ukraine

Using a supply wish list, three volunteers spent several days in March digging through nearly a dozen pallets of expired medical supplies to determine which items were potentially lifesaving for Ukrainians.

Cherrie Scheinberg, a former North Lincoln Hospital Foundation board member, had been in direct contact with Brian McMurray, a trauma expert and the ambassador to Ukraine for the American College of Emergency Physicians. Through McMurray, Scheinberg was able to get a list of supplies needed at Ukrainian military hospitals and began working with Samaritan to coordinate a donation.

Cherrie and fellow volunteer Linda Dahan relied on the expertise of Cherrie's husband, Sam Scheinberg, MD, to determine what could be shipped as they sorted through various supplies such as surgical tubing, gloves and sutures.

Dr. Scheinberg, a former Samaritan orthopedic surgeon, who worked at both Samaritan North Lincoln and Samaritan Pacific Communities Hospital, visited Ukraine with two other doctors seven years ago, teaching trauma techniques.

By the end of the three days of sorting the crew had sifted through more than \$100,000 worth of medical supplies. The

warehouse had an unusual backlog of medical supplies due to the pandemic.

Normally the items are shipped overseas to nonprofits in countries whose regulations aren't as strict as the United States. However, the pandemic has slowed those delivery efforts.

"Shipping has become a nightmare," said Todd Heustis, Samaritan warehouse and courier services manager. "Not only in just the logistics of getting something somewhere, but the cost of it."

By the end of the sorting effort, a box truck with four pallets of medical supplies started the journey to Ukraine, joining thousands of pounds of donated materials from other health care organizations to support the emergent international effort.

There are many organizations working together to continue to support Ukrainian medical efforts. Visit projectcure.org to learn more about where help is needed.

Above, pictured from left to right: Cherrie Scheinberg, Sam Scheinberg, MD, and Linda Dahan boxing up medical supplies for shipment to Ukraine.

Samaritan honors PRIDE Partners

PRIDE Partners are generous business donors who support Samaritan’s values of passion, respect, integrity, dedication and excellence. PRIDE Partners donated more than \$775,000 in 2021 to support the Samaritan Emergency Relief Fund, Patient Assistance, Employee Emergency Fund, and equipment needs at hospitals and clinics throughout Benton, Lincoln and Linn counties.

“Community Partnership is one of our top strategic priorities at Samaritan,” said Samaritan Health Services President/CEO Doug Boysen, JD, MHA. “When I reflect on the commitment our PRIDE Partners are making through their contributions to the Samaritan Foundations I am filled with gratitude. A special thanks to all of these businesses for investing in building healthier communities together.

Health Heroes (\$10,000+)



Art Impressions Inc.
Sharon Beausoleil
Charlotte Lehto Insurance Agency, Inc.

Dr. Estle Harlan
Thompson Timber Company Inc.

Community Champions (\$5,000+)

Albany Antique Mall
Bristol-Myers Squibb
C.P. Carlson Builders, Inc.
Central Willamette Credit Union
Consumers Power, Inc.
Corvallis Radiology, P.C.

Financial Freedom Wealth Management Group, LLC
John Dinges Landscape Co.
Mills Ace Hardware
Newport Fishermen's Wives
Northwestern Mutual-The Dragoo Financial Group

(Donor list reflects contributions made from Jan. 1 to Dec. 31, 2021)

For a complete listing of all of our PRIDE Partners and more information about the program, please visit samhealth.org/CorporateGiving.

Resources to keep you healthy



Classes and support

Samaritan Health Services offers a wide variety of support groups and health education classes and seminars to help community members find the support and gain the knowledge they need to live a healthier life.

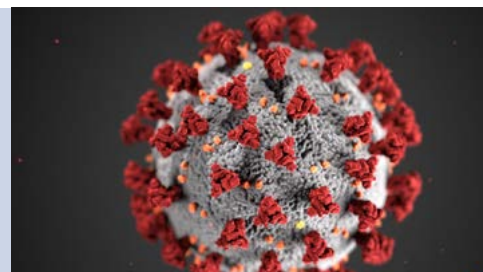
Health and wellness topics include: cancer, diabetes, heart health, childbirth, parenting, grief, living well with chronic conditions and more.

To see the most current list of events, visit samhealth.org/Classes.



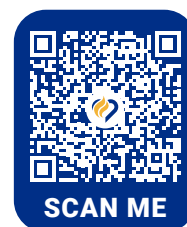
COVID-19 updates

Find the latest information on COVID-19 including visitor restrictions, testing procedures, vaccinations, boosters and more at samhealth.org/Coronavirus.



Keeping you informed

Sign up for Samaritan's e-newsletters by visiting samhealth.org/Subscribe.



To Your Health

Get monthly health and wellness tips and updates on classes and events.



Healthy Minds, Healthy Bodies seminars

Receive information on free health education seminars offered by Samaritan.



Samaritan Plastic, Reconstructive & Hand Surgery specials

Get beauty tips and learn about our cosmetic specials and events.

A photograph of a woman with short, dark, curly hair, smiling warmly. She is wearing a teal long-sleeved shirt and black leggings. The background is a soft, out-of-focus outdoor setting, possibly a beach or a park, with a light sky.

Building
healthier
communities
together

See page 8: *Otis resident Mel Parent explains the importance of focusing on the positive.*